

- While playing with something of their interest they tend to not pay attention to what's going on in their surroundings.
- Blurting out answers or excessive talking.
- Always on the move and switching activities.
- Poor sleeping pattern.
- Has difficulty waiting turns.
- Fidgeting, not being able to sit still for long periods of time.
- Don't pay close attention to detail.
- Forget daily tasks or activities e.g. chores.
- Have difficulty playing quietly.
- Don't seem to be listening when spoken too.
- Find it difficult to follow instruction.

"THIS DISORDER HAS BEEN KNOWN AS ONE OF THE MOST COMMON NEUROBEHAVIORAL DISORDERS AMONG CHILDREN, WITH A GLOBAL PREVALENCE OF 5.29%".

(Surgeon General, 2002)

References

<http://www.starkids.co.za/images/ADHD.jpg>

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ATTENTION DEFICIT HYPERACTIVITY DISORDER

In children and adolescence and the well-being. This leaflet has information to help for you and your family.

"In the UK, a survey of 10,438 children between the ages of 5 and 15 years found that 3.62% of boys and 0.85% of girls had ADHD. (Ford et al., 2003)."

There are three main features to look for in your child that is a part of ADHD inattention, impulsivity and hyperactivity. There is no definitive diagnostic test when it comes to ADHD and will need quite a few evaluations before being diagnosed with it. There are several symptoms which can appear in your child to identify ADHD. These symptoms can be seen from the age of 4 years old and later, some symptoms of ADHD are-

Easily distracted/less able to concentrate while doing boring or routine tasks.

They tend to have little sense when it comes to danger.

- Treatment can help control ADHD and can seen to make a difference for the child.
- There are a variety of treatments in different doctors, home and school settings.
- Well known treatments that can help the child are medication and behavioral interventions also known as (B.I).
- The most common medications are a stimulant one of these most common is called methylphenidate, but these can cause side effects with sleep difficulties and a loss of appetite (Tarver et al. (2014).
- Stimulants can lead to a child feeling less sociable and the sense of not feeling their true self (Meaux et al. (2006).
- They don't like the changes that they experience within themselves (Kendall et al. (2003).
- A child with ADHD are less likely to tell their friends that they are on medication compared to epilepsy (32.5% versus 55% (McElearney et al., 92005). This shows that there is more of a stigma attached to ADHD medication than other illness leaving the child feeling sometimes alone and frustrated.
- Sometimes children feel like a stigma when taking medication to treat ADHD and do not want people to know that they were on medication.
- This can be in fear of being laughed at or made fun of in school or by the people around them or having to leave a classroom to take it when the other children do not have to take medication this can lead to frustration, embarrassment (Meaux et a, (2006).

The affect ADHD can have on a child and the family can not only be very stressful on the child but the family and surrounding siblings. Not only can the effect be emotional and physically demanding but financially too. Parents with children with ADHD often don't have much time to themselves as the child normally has a poor sleeping pattern etc. This and the other difficulties they face can often lead to arguments between parents and can lead to a strained or even broken relationship which leaves the child sometimes angry, upset, and sad. Children with ADHD show characteristics are stressful, demanding, and intrusive in nature it is likely to cause negative responses from parents and then lead to a negative influence on the family relationships (Johnston and Jassy, (2007); Johnston and Mash, (2001). They tend to have lower academic achievement than their peers (Barkley et al. (1990).

• **AS THE CHILD CAN BE A HANDFUL AND HARD TO MANAGE YOU CAN FIND THAT THEY MAY NOT BE INVITED TO BIRTHDAY PARTIES THIS CAN LEAVE THEM FEELING VERY LEFT OUT.**

• **PARENTS CAN FIND IT HARD TO FIND PEOPLE THAT CAN HANDLE THEIR CHILD, AND THIS MEANS THEY HAVE EVEN LESS TIME TO THEM.**

<http://www.nhs.uk/Conditions/Attention-deficit-hyperactivity-disorder/Pages/Introduction.aspx>

<http://www.rcpsych.ac.uk/expertadvice/parent-sandyouthinfo/parentscarers/adhdhyperkineticdisorder.aspx>

<http://www.mentalhealth.org.uk/>

<http://www.mentalhealth.org.uk/help-information/mental-health-a-z/A/attention-deficit/>

<http://www.youngminds.org.uk/>



